

SUFFERED FROM CATARRH OF LUNGS SO COMMON IN WINTER. CURED BY PE-RU-NA.



A COLD ON THE LUNGS THREATENS TO BECOME SERIOUS.

Pe-ru-na Brings Speedy Relief.

Mrs. H. E. Adams, ex-President Palmetto Club, of New Orleans, La., writes from 110 Garfield Court, South Bend, Ind., as follows:

"I am pleased to endorse Peruna, as I took it about a year ago and it soon brought me relief from a cold on my lungs which threatened to be serious."

"The lungs were sore and inflamed, I coughed a couple of hours every night, and I felt that something must be done before my lungs became affected. Peruna was suggested by some of my friends who had used it, and acting upon their advice I tried it and found that it was able to bring about a speedy cure. You have my highest endorsement and thanks for the good it did me."

Sounding the Praises of Peruna.

Mrs. Frances Wilson, 32 Nelson St., Clinton, Mass., writes:

"Had you seen me at the time of my illness and now, you would not wonder that I take delight in sounding the praises of Peruna."

"My ailment was a severe cold which attacked the bronchial tubes and lungs."

"I followed your special directions and after using six bottles of Peruna, I was on my feet again. I think Peruna a wonderful medicine."

A PLAIN TALK on a Plain Subject in Plain Language.

The coming winter will cause at least one-half of the women to have catarrh, colds, coughs, pneumonia or consumption. Thousands of women will lose their lives and tens of thousands will acquire some chronic ailment from which they will never recover. Unless you take the necessary precautions, the chances are that you (who read this) will be one of the unfortunate ones. Little or no risk is run if Peruna is kept in the house and at the first appearance of any symptom of catarrh taken as directed on the bottle.

Peruna is a safeguard, a preventative, a specific, a cure for all cases of catarrh, acute and chronic, coughs, colds, consumption, etc.

For free medical advice, address Dr. S. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

Railroading in Japan.
Japan has 4236 miles of railway, of which 210 miles were constructed in 1903. The number of passengers carried on these railways in 1903 was 10,000,000, the freight transported was 16,122,671 metric tons and the cash receipts amounted to about \$23,000,000.

Beware of Counterfeits For Catarrh That Contain Mercury.

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains mercury, and is an internally acting remedy upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure, be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists; price, 75c. per bottle. Take Hall's Family Pills for constipation.

Germ Day.

The State of Utah has established holiday in honor of germs. It is called General Health Day and is the first Monday in October. On this day theatres, churches, public halls, hotels, boarding houses, etc., must be thoroughly disinfected.

LASTING RELIEF.
J. W. Walls, Superintendent of Streets of Lebanon, Ky., says:
My nightly rest was broken, owing to irregular action of the kidneys. I was suffering intensely from severe pains in the small of my back and through the kidneys and annoyed by painful passages of abnormal secretions. No amount of doctoring relieved my condition. I took Doan's Kidney Pills and experienced quick and lasting relief. Doan's Kidney Pills will prove blessing to all sufferers from kidney disorders who will give them a fair trial."
Wester-Milburn Co., Buffalo, N. Y., proprietors. For sale by all druggists, 50 cents per box.

MEASURE and PROFIT at HOME
LAWN AND PORCH SWINGS
FOLDING TABLES all easily made. Patterns and full directions will send. LAWN SWING PATTERNS at 10c. FOLDING TABLE PATTERNS at 75c. or 12 three S. at \$2.00. ADDRESS: H. GALL, RUTHERFORD, N. C.
So. 3.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.
CONSUMPTION

Core Blind Horses For Specific Ophthalmia Moon Blindness & other eye troubles. Berry Co., Iowa City, Ia., have a sure cure.

HOUSEHOLD AFFAIRS



ABOUT LAMPS.

The common kerosene lamp, which is used in almost every household, despite the electric and gas lights, will give a clear, bright light and be a source of comfort to the family if properly cared for. The bowl of the lamp should be kept full of oil, but when not in use the wick should be turned low to keep the oil from oozing out upon the burner. Use none but the best of burners. Wash the burners often and scour any discolored parts. Lamp chimneys are not near so liable to break when exposed to changes of temperature if they are put in a pan of cold water and allowed to heat gradually until the water is cold again. Polish with old newspapers. Brown spots may be removed by rubbing them with coarse salt. See that the flues fit closely so there is no danger of their falling off when the lamp is moved. Fill your lamps by daylight. Put in a new wick as soon as the old one begins to clog, and before it is burned out.

It is perfectly wonderful how bright and brilliant a light will be if a lamp is thus cared for. You can read as well as if it was daylight.—S. J. H., in Mirror and Farmer.

KITCHEN DON'TS.

Don't litter up the kitchen when getting a meal, because it will take hours to clean up after the meal is over.

Don't put a greasy spoon on the table. It leaves a stain which requires time to erase. Put it on a saucer.

Don't crumple up your dish towels. Rinse and hang them in the sun.

Don't pour boiling water over china packed in a pan. It will crack by the sudden contraction and expansion.

Don't black a stove while it is hot. It takes more blacking and less polish.

Don't put damp towels and napkins in the hamper. Dry them first or they will mildew.

Don't use knives for scraping the table and pots.

Don't pour boiling water and soap on greasy spots. Moistened the spots first with a cold saturated solution of soda, then scrub them with the grain of the wood, using cold soap-suds.

Don't put egg dishes into hot water—it makes the egg adhere. Soak the dishes first in cold water.

Don't put tin pans on the stove to dry. They become heated, the solder loosens and they break.—Prairie Farm Magazine.

CHANGE OF MENU.

So many housekeepers make the mistake of having regular schedules which they follow for the week. Yet too much importance cannot be laid upon constant change.

Mutton Mondays, beef Tuesdays and so on, coming regularly, week after week, certainly isn't conducive to appetite, especially if it's at all "flickety." It's bad enough for the householder to know every one of the "twenty-one meals a week" in advance. But, unless it's absolutely necessary, the same sequences of meals should be avoided.

Boarding houses nearly always have regular meals regular nights—a mistake that is got into by the effort for a system. But system isn't in having the same things over and over again in the same way. There's system in constant change, especially in constant change in menu.

Another mistake, on the same lines, is made usually by the very young housekeeper—and that is in dishing up the "left-overs" at the very next meal. Instead of giving the palate time to forget.

Change, change, change. Doctors and taste agree in preaching that, for health and strength have their foundations in appetite, and appetite depends largely upon change.



RECIPE

Picadillo.—Slice fine one peck of green tomatoes and sprinkle with one cup of salt in layers. Let stand over night and then drain. Add one-quarter pound of mustard seed, one ounce whole cloves, the same of allspice, two cups of brown sugar and two quarts of vinegar. Cook slowly until the tomato is tender but not soft.

Corn Mush.—Put one quart of boiling water into a double boiler, with the upper part set directly on the range. Mix one pint of cornmeal with one pint of cold milk and stir into the boiling water slowly. Stir occasionally for five minutes, then set the boiler in the under pan and let the mush cook for an hour, or more if possible.

Rice Griddle Cakes.—Beat one cup of cold cooked rice into two cups of cold milk and let stand a half hour to soak. Add a half level teaspoon of salt, a tablespoon of butter, two cups of flour sifted with two level teaspoons of baking powder and one egg beaten well. If a little more flour is needed add it with caution, for the cakes must be as soft as possible and not break when cooked on the griddle.

Ice Cream Cake.—Cream one-half cup of butter, add one cup of fine granulated sugar and beat to a creamy lightness. Add one-half cup of milk alternately with one and three-quarter cups of flour, sifted with three level teaspoons of baking powder. After heating well add the stiffly beaten whites of three eggs and a half teaspoon of vanilla. Bake in a sheet and cover with an icing when cold.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. R. H. Kline, Ltd., 931 Arch St., Phila., Pa.

Bonaparte's house in St. Helena is now a barn.

A Guaranteed Cure For Fits.
Itching, Blind, Bleeding or Protruding Piles. Druggists will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

The coldest city in the world is Yakutsk, Eastern Siberia.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c. a bottle.

There is more coal in Montana and Wyoming than in Pennsylvania.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brien, 522 Third Avenue, N., Minneapolis, Minn., Jan. 6, 1900.

Among the spoils of war taken at Liao-Yang was a pet pigeon.

A Well Deserved Tribute.

The awarding of the Grand Prize to the Winchester Repeating Arms Co. of New Haven, Conn., at the St. Louis Exposition, confers upon this company the highest mark of distinction attained by any manufacturer of guns or ammunition in the world. Although a great number of medals were given, the only award of a Grand Prize was to the Winchester Repeating Arms Co.; given as it was in competition with the leading manufacturers of all countries, it testifies decidedly to the superiority of Winchester rifles, shotguns and ammunition. The success attained by the Winchester Repeating Arms Co. at this exposition is in line with past honors. At the Paris Exposition they received the Grand Prix, and wherever exhibited have always been given the highest possible prizes. This latest recognition of superiority is the natural result of thirty years of careful and successful endeavor in maintaining the high quality of Winchester rifles, shotguns and ammunition.

The way some people lay up treasure in Heaven they must think that religion is a nickel-in-the-slot business.

To Cure a Cold in One Day
Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

Alligator hunters are wanted in Venezuela.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. Sold by all druggists. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind.

Since 1858 the population of Scotland has increased fifty-two per cent.

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great Remedy—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c. and \$1.00 per bottle.

Value of Discontent.

The late J. W. Clarke of the New York World used to say that the secret of success in life was never to be quite satisfied with what you have, because contentment meant stagnation and failure to advance. "Never be satisfied," he would say, "always look for something better."

BABY'S TERRIBLE SORE

Body Raw With Humor—Caused Untold Agony—Doctor Did No Good—Mother Discouraged—Cuticura Cured at Once.

"My child was a very delicate baby. A terrible sore and humor broke out on his body, looking like raw flesh, and causing the child untold agony. My physician prescribed various remedies, none of which helped at all. I became discouraged and took the matter into my own hands, and tried Cuticura Soap and Cuticura Ointment with almost immediate success. Before the second week had passed the soreness was gone, not leaving a trace of anything. Mrs. Jeannette H. Block, 281 Rosedale St., Rochester, N. Y."

Sharps and Flats.

John E. Boyd and his wife have given to the city of San Rafael one of the beauty spots around San Francisco Bay, finely laid out grounds of twenty acres, with a large and handsome building, in memory of their dead ones.

Superintendent Maxwell will ask the New York Board of Education at its next meeting to adopt a plan for giving tenement district school children a midday meal. If the plan should be adopted and the luncheons should cost six cents each, it would cost the city \$8,904,000 a year.

The appointment of Robert Nathan, of the British Indian Civil Service, to be private secretary to Lord Curzon, Viceroy of India, is one of more than usual interest, as he is the first Hebrew to obtain such a position in that service. He is a brother of Sir Matthew Nathan, recently appointed Governor of Hong Kong.



Another club woman, Mrs. Hauke, of Edgerton, Wis., tells how she was cured of irregularities and uterine trouble, terrible pains and backache, by the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—A while ago my health began to fail because of female troubles. The doctor did not help me. I remembered that my mother had used Lydia E. Pinkham's Vegetable Compound on many occasions for irregularities and uterine troubles, and I felt sure that it could not harm me at any rate to give it a trial."

"I was certainly glad to find that within a week I felt much better, the terrible pains in the back and side were beginning to cease, and at the time of menstruation I did not have nearly as serious a time as heretofore, so I continued its use for two months, and at the end of that time I was like a new woman. I really have never felt better in my life, have not had a sick headache since, and weigh 20 pounds more than I ever did, so I unhesitatingly recommend your medicine."

—MRS. MAY HAULKE, Edgerton, Wis., Pres. Household Economics Club. \$5000 forfeit if original of above letter proving genuineness cannot be produced.

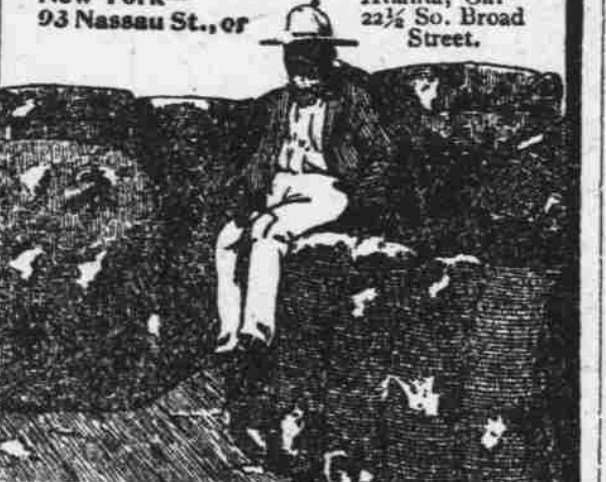
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\$5,000 BANK DEPOSIT
Railroad Fare Paid. 500 FREE Courses Offered. Board at Cost. Write Quick.
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Write for our valuable books on fertilization; they contain information that means dollars to the farmers. Sent free on request. Write now while you think of it to the

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GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ails you, start taking CASCARETS today, for you will never get well and stay well until you get your bowels right. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C.C.C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.

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to use Good Luck Baking Powder—for its quality, for its economy and for the premiums you get by saving the coupon on the label of every can.

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is a superior article of unexcelled leavening force and positive purity. Its sales have reached tremendous proportions, by reason of which the little price of ten cents per pound can be made possible.

Above is pictured the coupon which appears on every can. The little premium book in every can shows the many articles and tells how to get them free.

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